



LIFEGUARD COURSE 2024

We are offering the following Lifeguard Courses this season. You will be taught the most up to date information from Red Cross Instructor in line with 2024 updates.

New Pre-Requisite (Pool 200, Waterfront 350-tread-200)

- Swim-Tread-Swim Sequence (From Deep-end -(need to submerge, resurface)) then swim 150 yards (breast or free) - Tread 2 minutes only legs - Finish 50 swim.
- Swim 20 yards - 10 lb. object - pick up hold while you swim on your back.
- Waterfront - UNDERWATER SWIM - Swim 5 yards - collect 3 dive rings 4-7 feet and swim back to the side.



3 Day Blended Learning Course Options (\$400/\$450 Waterfront)

(22 hour course + 6 hour online portion)

All Class Times are 8 am to 4 pm, subject to change based on class size and need.

6 hours of online - pre course work is required, Red Cross online link sent via instructor).

- Saturday, April 20, Sunday, April 21, Sunday April 28 - May need to reschedule pool renovation
- Saturday, May 4, Sunday, May 5, Saturday, May 11
- Saturday, June 1, Sunday, June 2, Saturday, June 8
- Saturday, June 15, Sunday, June 16, Saturday, June 22

MUST ATTEND ALL 3 CLASSES FOR CERTIFICATION.

Recertification Course Lifeguard/CPR/AED and First Aid (9.5 hours) \$225

*All Class Times are 8 am to 6 pm,
subject to change based on class
size and need.*

- Sunday April 28 - May need to reschedule pool renovation
- Saturday, May 11
- Saturday, June 8
- Saturday, June 22



Recertification Course CPR/AED only (4 Hours) \$125

*All Class Times are 8 am to 12pm,
subject to change based on class size
and need.*

- Sunday April 28 - May need to reschedule pool renovation
- Saturday, May 11
- Saturday, June 8
- Saturday, June 22

Boys and Girls Club of Capital Area - Troy Club House

1700 7th Ave, Troy NY 12180

(Use 6th Ave Back Entrance inside fenced
area.)

518-495-3470

www.sprint3333@aol.com

Register Today



Additional or Private Classes available upon request sent via email.